HOME COURSE IN GYMNASTICS FOR BUSINESS-MEN.

To Build Up a Flat Chest and Straighten Round Shoulders.

By Anton Schatzl, Formerly Director of Physical Training Richmond Y. M. C. A.

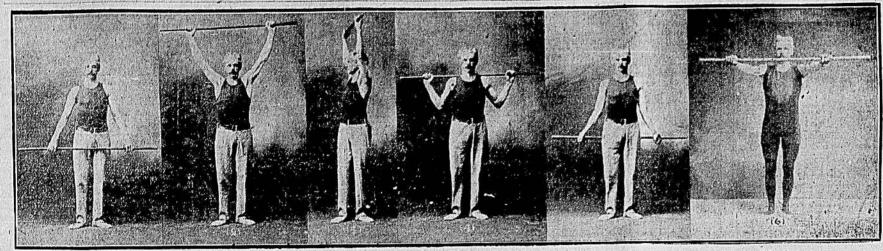


FIG. 1.

confinement is shortening the lives of thousands of our best and most progressive men of to-day, and they will not

This physical degeneration is due to lack of sufficient exercise of the prope kind-sedentary employment, such as office life, which causes a stooping pos-

and flat chest.

Is reduces the proper amount of the lungs require to work, and the tis less breathing capacity, the and hearts become weak, and the unaccustomed exertion will produce thought from the and deterforation has

ses the muscles to become weak and by, constipation, indigestion, dyspep-headache, lassitude, will become more disinclination for exertion, not only

A disinclination for exertion, not only hysically but mentally, as well as a genral lack of vigor, will follow, and degenration has begun its work.

Health, strength, happiness and a sucessful career is the outcome of proper
ersonal habits of life in regard to exerise, diet, rest, sleep and pure air.

Originally we were intended to live out
f doors but since modern life and

Intense mental application and close methods made out-door occupations few onfinement is shortening the lives of and less practicable for most men, reto counteract the cylis must be

the ideal physical structure.

the ideal physical structure.

Muscular movements accelerate the blood, and promote perspiration.

Perspiration consists of waste material and poisonous matter and natura takes this course of cleasing the skin and purifying the blood.

Muscular exercise causes deep breathing and by it an abundance of life giving oxygen is supplied to the blood.

Muscular exercise quickens the muscles and strengthens the cartileze and ligaments and hardens the bones.

We cannot help noticing the commanding pose and foreceful character of the man with an erect and majestic appearance. The world has always admired such men and looked upon them as leaders. They are the men who line out

The leading example of to-day is the leading spirit of our nation. Our President, a man who is strong and healthy, a frain of nothing, no obstacle too great to conquer, he grasps the most difficult problem and with determination, sets at work to win.

Compare these men to the physical degenerates who guided and directed the early destinies of the European countries. Is it a wonder that our country stands foremost as the most progressive nation of the world.

To whom would you rather trust your affairs? The strong and vigorous man, with the active and healthy intellect, or the man who lacks vitality and endurance, and is ever complaining about his health and business; whose organs are in such morbid condition that it, is impossible for him to become a success in this strendous age. strenhous age.

The necessary feature in my system of gymnastics for the correction and prevention of round shoulders and flat chest is the stick used as you will note in the

three-fourths inch in diameter (a broom handle will answer the purpose.) Next in importance is that particular attention is paid in carrying out the instructions exactly, not only in regard to the exercise itself, but the form in

which they should be executed, and in through the nose, illing the lungs with the manner in which the stick should be held.

Study the illustrations carefully and read instructions until you understand each exercise entirely.

Master each exercise thoroughly before beginning the next.

Description of exercises:

EXERCISE NO. 4.

From No. 2.

Exercise 7 was the stick own back

This exercise will develop the chest and limber up the shoulder muscles.

EXERCISE NO. 2.

From Fig. 2, with chest projected and arms straight twist the body sideways to the left and then to the right as shown in Fig. 3. This movement must be entirely in the waist and must be repeated from the waist and chest.

This exercise will develop the muscles in the waist and chest.

EXERCISE NO. 3.

From Fig. 2 pass the stick down and behind until it rests across the shoulders shown in Fig. 4. This movement is entirely in the shoulders and elbows and must be repeated eight times.

This exercise will correct round shoulders.

EXACTING EXERCISE NO. 1.

From Fig. 1, take a breahing exercise while raising the stick forward and overhead and down, back, across the shoulders. During this movement, inhale

From Fig. 2 pass the stick down back of the head (bending the elbows) and close to the shoulders until you arrive at nosition shown in Fig. 5.

This movement must be entirely in the shoulders and elbows and must be repeated eight times.

This exercise is one of the most important for straighening round shoulders. EXENCISE NO. 5.

From Fig. 6 swing stick overhead (see Fig. 2) and down to shoulders as shown in Fig. 4. Repeat eight times.

This is an important exercise in expanding the chest.

EXERCISE NO. 6.

From Fig. 1 swing stick forward to overhead and back downward until you have

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...THE JEFFERSON...

TURKISH, RUSSIAN AND

Whims of the Idler.

THE DISINTEGRATION OF CONVERSATION

in these piping times of peace when we fogles have naught to grumble about a ten general decadence of things inctual, the evil above all others that kes us most is the disintegration of oversation.

A property of the decadence of things inctually the evil above all others that kes us most is the disintegration of oversation.

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remedy has been used in the treatment of blood and skin diseases of every character, and so

satisfactory have been the results that it is now the best known and most widely used blood medicine in the world. The success of S. S. is based upon the fact that it has always

There is a familiar saying, and a true one, that "Time proves all

things." When a medicine has stood this test for a period of forty

years, and is then more in popular favor than ever, there is no doubt

as to its merits. This is the standard by which S. S. S. has been

measured, and its record of forty years of cures fully justifies its popularity as a blood medicine. For nearly half a century this great

an educational foundling hospital where they may be nurtured?

To our graves we shall lug with us a gondoh-carload of unuttered bon-mois that would have tickled the listeners of a hundred years ago like the mint leave kissing the snout end of a man sipping an amber juiep.

40 YEARS

of CURES

for the P. P.

He burrows under the plane and unearths more discs of gutta percha conversation. The accursed apparatus with
the unlagging energy of a preacher for
the fourth time, says things.

"Wonderful," you remark, from the
depths of a dry throat.

Exulting in its own capacity to amuse
you, the P. P. starts the infernal machine
flagging and you arke a space of humor

ngais, and you have a snaton of humor in the New England negro dlalect. This time you nearly grunt,

in the New England negro dialect.

This time you nearly grunt.

Grunts, by the way, are most useful things on earth. They can be construed to signify any human emotion—joy, sorrow, anguish, delight, amusement, ennut of despair.

The L. b., however, construes your grunt to signify exultation.

He forthwith dishes up another platter of funnyisms, which are hoursely bellowed forth from the brazen mouthiplee. This time you are minim—dreadfully, omlineasy the signify exultation.

He forthwith dishes up another platter of funnyisms, which are hoursely bellowed forth from the brazen mouthiplee. This time you are minim—dreadfully, omlineasy the state of the sound in the structure of the sound to an use you.

With a sparkle of pleasure in his cyo, he assures you that the phonograph has not yet exhausted its reperfore.

You grant again. This time you feel sure that even the P. P. can not misconstructure sound to signify pleasure.

But he does.

Salvation comes, however, from an unexpected source. The rethrement of your nost's wire—she who spends her whole life shut up in the house with the informal machine afters you in Inkling of a possible character of programme. Anon you hear the sentine medoug of rating dishes and the armony produced by the assortment has continued the sum of the synthesis was and the armony produced by the assortment of the sum of the synthesis was and the armony produced by the assortment of the synthesis was and the armony produced by the assortment of the synthesis was and the armony produced by the assortment of the synthesis was and the armony produced by the assortment of the synthesis was and the armony produced by the assortment of the synthesis was and the armony produced by the assortment of the synthesis was and the armony produced by the assortment of the synthesis was and the armony produced by the assortment of the synthesis was and the armony produced by the assortme thives and forks.

Oh. joy-something tells you that you re going to be fed!

When the announcement comes you triuggle bravely to dissumulate surprise and pretend you are not wild with de-

and pretend you are not wild with delight.

But you are
And so your host reverentially lays
aside his bellowing, wheezing, squeaking,
whining, frogs-in-the-throaty instrument
of torture, and you limber up your salivary glands for food and-conversation.
The wife of the P. P. has her inning
now.
She serves chops which wallow in gravy
and are fringed with lettuce.
You don't care if she does. What if
the grear does trickle down on your
ent?
And just at this juncture, under the

the fact that the good lady is a talented musician; that she can paralyze a plano and sing like a meck-bird in a pippin orchard. Remembering these things you ask yourself this question: Why in the nume of high heaven didn't the P. let us have some genuine music instead of dishing out that horse-fiddle potpouri? And following this line of thought, you ask yourself this further question: If one deliberately goes to work to have the artilicial thing in music when he might have had the real article, why isn't he liable to have imitation mution chops instead of real mution chops and condensed milk instead of the genuine lacteal fiuld?

This thought benumbs you.

But fortunately it is only a thought. The food you get is all right—in fact, it is almost compensation for what you have suffered in the manufactured music line.

"Now for some clever conversation," you say. "Here's where I can show em what I know and how nicely I can say it."

cen what I know and how nicely I can say it."

But your host, alas, who rather ilkes the chops himself, asks his wife where she bought her meat.

This opens up that baneful subject discussed ten million times daily by married people—the high price of provisions.

Somehow you can't say a thing witty about the matter; you feel pumped out on the theme.

Apropos of chops and high prices for food, your hostess turns to you in her most winning way and asks: "By the way, has your wife still got that yellow nigger she used to have?"

Snades of Lady Wortley Montague and Madame De Staal! All your spirit is gole. You are confronted again with the servant question—that never-ending, hideous conversational topic which haunts every household.

It poss up in a thousand forms. It is a

The P. P., like yourself, has heard it betwee, and grows wearied. Although, as he has already demontrated, he is no sonversational blue-ribboner; he can't

the first had yourself, has heard it bether, and grows wearied. Although, as he has already demontrated, he is no conversational blue-ribboner; he can't stand having the durkeys take the center of the stage all the time. And so he attempts to cut loose and change the subject.

"Say," exclaims he suddenly, while you are putting the mayonnaise dressing on your raw tomatees, "laive you docked the tails of those fox terrier pupples of yours, yet?"

The theme, although not appetizing, bents "niggers, You cheerfully explain that the dociets are now two inches shy on their joy signals.

Then all hands get to talking about sickness. Your host takes the bit in his mouth and tells in detail about a newly-discovered aliment of his, while your hostess describes the symptoms accompanying the last tooth of the last baby. You have a fewethings to say yourself about your famous neuraligin.

But it is not conversation. There is no conversation nowadays. Dr. Sam Johnson gobbled it all un years ago, without even giving Noil Goldsmith a chance. And Dr. Johnson is dead now. This is sincerely to be regretted, but it cannot be helped. If he had only talked in a phonograph cylinder before his passing, the present situation might have been averted.

Fortunately, however, we can still cat Fortunately, however, we can still eat food,



And so your host reverentially lays aside his bellowing, wheezing, squeaking, whitning, frog-in-the-throaty instrument of torture, and you limber up your saily-ary glands for food and-conversation.

The wife of the P P, has her inning now.

She serves chops which wallow in gravy and are fringed with lettuce.

You don't care it she does. What if the greate does trickle down on your child just at this juncture, under the influence of your pleasing environments and the wholesome whiffs of the kitchen (which your hostess would rather you alidn't git) you have an idea. You recall Newport's Newest Dinner Fad.

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Some ten years ago I used your S. S. S. with the most satisfactory results. From childhood up I had been bothered with bad blood, characterized by skin eruptions and boils, especially bad in the summer. For five or six summers I had boils ranging from five to twenty in number sach season. Our local physicians prescribed for me, but nothing they gave me did away with the annoying skin eruptions or prevented the boils from appearing. The burning accompanying the eruption was terrible, and I had as high as six boils at one time. My condition was truly a pittable one when I began S. S. S. It seemed to be just the medicine needed in my case. It drove out all impurities and bad blood and restored the circulation to its original strength and purity, giving me permanent relief from the skin cruption and boils. This has been ten years ago and I have never had a return of the disease. I would state also that my husband has taken it with good results.

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counteracts and drives out the germs and poisons, cleanses the system of all unhealthy matter, cures the disease permanently and restores strong, robust health. Where the blood is weak or anaemic and unable to nourish the body as it should, S. S. S. supplies it with the healthful properties needed, and being a bracing, invigorating tonic it builds up the entire system. It goes to the very bottom of all blood disorders and in this way reaches deep-seated and inherited cases on which the ordinary sarsaparillas and tonics have no effect. S. S. S. is also an ideal old people's remedy, relieving the dis-

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